

Woody Aths - Cross Country

Week:	Four
Date:	19/05/2023
Location:	King and Queen of the Mountain

Woodyaths ran the King and Queen of the mountains over the weekend. Next weeks run will be the Dam Relay in the Haddon Common. All runners are encouraged to bring a buddy/friend to run with them. Handicap times will be added to all runners in the results. Please check the info email/Team app and the website later in the week.

Fastest times:

U6: Lachlan H; U8: Leroy B; U10: Huon A; U12: Sullivan M; U14: Ava A; U16: Cleopatra L; U18: Kody E; Open: Brian.

Junior Queen of the Mountain: Grace M; Alyssa E second and Nellie W third

Junior King of the Mountain: Michael M; Huon A second and Hyland N third

Senior Queen of the Mountain: Ruby A; Benita M second and Cleopatra L third

Senior King of the Mountain: Lucas E; Chris E second and Brian M third

All results are displayed on our website: <http://woodyathletics.org.au/results/>

All runners are NOW encouraged to wear MUNRO hats before and after the runs each week to promote the sponsor and go into the chocolate draw. Chocolates are donated by MARS confectionary.

This weeks draw winners was Benji F

KING and QUEEN	WEEK4	Age	Dist	Time	Hcp	Race time	VARs	4 Ways	Lions	Scratch
MOUNTAINS								VARs	VARs	RUN
Alyssa E	u6	600	5.2	3.53	9.13	0.533	0.423	0.433	0.468	
Brylee W	u6	600	6.14	3.35	9.49	0.623	0.508	0.48	0.498	
Grace M	u6	600	4.51	4.17	9.08	0.485	0.445	0.35	0.428	
Hamish B	u6	600	4.22	4.58	9.2	0.437	0.385	0.328	0.39	
Lachlan H	u6	600	3.27	5.43	9.1	0.345	0.35	0.285	0.327	
Aurora L	u6	1000	8.45	1.48	10.33	0.525	0.434	0.363	0.406	
Benji F	u8	1000	7.01	2.04	9.05	0.421	0.373	0.361	0.39	
Connor B	u8	1000	8.44	1.41	10.25	0.524	0.437	0.376	0.413	
Emrys N	u8	1000	7.54	2.15	10.09	0.474	0.379	0.447	0.379	
Leroy B	u8	1000	5.44	3.41	9.25	0.344	0.302	0.324	0.293	
Michael M	u6	1000	6.25	1.51	8.16	0.385	0.438	0.344	0.403	
Theo E	u8	1000	6.23	2.18	8.41	0.383	0.336	0.339	0.376	
Annabelle F	u10	1400	12.49	-1.26	11.23	0.571	0.478	0.481		
Declan E	u10	1400	7.5	0.58	8.48	0.336	0.331	0.331	0.326	
Fletcher M	u10	1400	7.39	1.34	9.13	0.328	0.286	0.327	0.369	
Huon A	u10	1400	6.29	1.52	8.21	0.278	0.268	0.264		
Hyland N	u10	1400	7.21	1.06	8.27	0.315	0.302	0.374	0.358	
Nellie W	u10	1400	9.41	0.03	9.43	0.414	0.381	0.354	0.365	
Winnie M	u10	1400	12.49	-1.26	11.23	0.571	0.478			
Jedd B	u12	2400	12.22	18.08	30.3	0.309	0.282	0.271	0.271	
Lucas E	u12	2400	14.23	13.39	28.02	0.36	0.336	0.341	0.383	
Pippa W	u12	2400	19.42	12.58	32.4	0.493	0.445	0.375	0.358	
Poppy E	u12									
Ruby A	u12	2400	11.52	16.29	28.21	0.297	0.314		0.312	

Sullivan M	u12	2400	11.35	18	29.35	0.295	0.282	0.268	0.274
Bridgit S	u14	3000	17.4	12.34	30.24	0.357		0.337	
Ava A	u14	3000	17.15	13.28	30.43	0.345	0.332		0.31
Cleopatra L	u16	4400	25.12	3.36	28.48	0.344			
Kody E	u18	4400	29.29	2.38	32.07	0.402	0.347	0.32	0.359
Benita M	Open	4400	27.2	1.02	28.22	0.373	0.369	0.358	0.381
Brian M	Open	4400	22.13	7.02	29.15	0.303	0.288	0.29	0.299
Cam M	Open	4400	28.54	0.44	29.38	0.394	0.381	0.36	0.385
Chris E	Open	4400	25.46	2.21	28.07	0.351	0.363	0.4	0.4
Elie K	Open	4400	31.06	-2.12	29.14	0.424	0.457	0.399	0.439
Elizabeth W	Open	4400	22.3	6.58	29.28	0.307	0.296	0.292	0.306
Lucy F	Open	4400	33.16	-4.02	29.14	0.454	0.479	0.442	
Tina D	Open	4400	30.34	1.41	32.15	0.417	0.398	0.366	0.372